



3ness & Soul Network



Fitness & Soul Weekend 2019

15th-17th November 2019 – De Vere Hotel
Wokefield Estate, Reading, Goodboys Lane, RG7 3AE



INFORMATION BOOKLET

The Event Where Your Fitness Touches Your Soul

GENERAL INFORMATION & TRAVEL DETAILS

WHERE ARE ACTIVITIES TAKING PLACE?

Wokefield Estate
Goodboys Lane
Reading
RG7 3AE

make sure you put this postcode in your satnav – **no other!!**

CHECK-IN/OUT DETAILS FOR ALL WEEKEND, DAY AND NIGHT PASS HOLDERS

- Check-in for residents and Day fitness Pass Holders is from 12:00 on Friday 15th November. We cannot guarantee bedrooms to be ready at this time, but we aim for all rooms to be ready for 16:00.
- If your room is not ready by the time classes start on Friday, you can use the pool/gym changing rooms in Wokefield Place to change and freshen up – see the hotel reception for an access card.
- **Wokefield Place Guests:** check-in will be in the foyer of Wokefield Place until 21:00.
- **Mansion and Wellington Lodge Guests:** check-in will be in the Mansion reception until 21:00.
- **Fitness Day Pass Holders:** Can check-in from 16:00 on Friday or 08:30 on Saturday at the 3ness reception in Wokefield Place.

WHAT DO I NEED TO BRING?

- Trainers
- Fitness workout clothing.
- Cash or cards for shopping area and drinks – no personal drinks allowed in parties. Cashpoint in reception of Wokefield Place.
- Denim wear for Friday night party.
- Suave suit or Sexy Dress for Saturday's Mansion Party.
- A smile and the right attitude 😊

WHAT HAPPENS AT CHECK-IN?

- Go to the 3ness/Soul Network check-in desk FIRST, on the right as you enter Wokefield Place or the Mansion.
- At the check-in desk you will be supplied with a security band – **YOU WILL NOT BE ABLE TO CHECK INTO YOUR ROOMS WITHOUT THIS BAND AND DO NOT REMOVE OR LOSE IT!!**
- **Every** person in your party will need to check-in at the hotel reception to receive their key card.

Saturday Night Soul Network Mansion Party



HOW TO GET TO WOKEFIELD ESTATE?

URGENT NOTIFICATION!!

The M4 will be closed in both directions between 20:00 on Friday 15th through to 06:00 on Monday 18th November between junctions 6 (Windsor/Slough East) and junction 8/9 (Maidenhead). Diversions by the A4 will be in place.

This will affect anyone travelling by car from the East needing to pass through or enter junctions 6-9 on the M4. Wokefield Estate is off junction 11.

PLEASE NOTE YOU ARE RESPONSIBLE FOR GETTING YOURSELF TO THE EVENT SO PLEASE CHECK YOUR TRAVEL ROUTE BEFORE YOU LEAVE.



BY CAR

- **EXIT THE M4 AT JUNCTION 11**
Take the A33 towards Basingstoke. Keep in right hand lane. through the first set of traffic lights. At second set of traffic lights. turn right – signposted Grazeley & Mortimer. Turn left at mini-roundabout. After approx 2.5 miles and after crossing over a railway bridge. the entrance to Wokefield Estate can be seen on the right hand side.
- **EXIT THE M3 AT JUNCTION 5**
Follow signs for Hook and Reading onto the A30. At next roundabout take B3349 for Reading. Continue following signs for Reading. Join A33. At roundabout before M4 turn left to Grazeley & Mortimer. Turn left at mini-roundabout. After approx 2.5 miles and after crossing over a railway bridge. the entrance to Wokefield Estate can be seen on the right hand side.



BY RAIL

- Wokefield Estate's nearest mainline station is Reading. approximately 7 miles away. Trains from Reading also connect with Mortimer Station. which is closer. but rarely has any taxi service outside the station.

BY COACH



If you have booked the 3ness coach please note – ONE PIECE OF LUGGAGE ONLY and please be sensible. do not pack as if you are going on holiday for two weeks!!

The pickup/drop off point is the Bus Stop at the Westfield Exit near M&S on Montfichet Rd in between the Tube and Bus Station.

Address – One Stratford Place
Montfichet Rd
Stratford
London E20 1EJ

The coach will arrive at 11:30 on Friday 15th November and will depart at 12:00 – with or without you!!

On Sunday 17th November the coach will arrive at the reception of Wokefield Place at 13:30 and will depart at 13:45 – with or without you!!

Bring your final booking confirmation email (will be emailed nearer departure date) with you. as proof of coach seat(s) purchased and present it to the 3ness Coach Rep.



FITNESS & SOCIAL TIMETABLE

FINAL TIMETABLES

- Only timetables given at the event should be used (allocated on arrival). THERE MAY HAVE BEEN CHANGES AND USING THESE TIMETABLES IS THE ONLY SURE WAY TO KNOW THAT YOU ARE USING THE RIGHT ONE.

WELCOME MEETING AND PARTIES BY SOUL NETWORK

- **Friday night** welcome meeting is your chance to meet all the fitness presenters, staff and DJs that will be entertaining you over the weekend. There will be some fun stuff where you can win money also, so make sure you are there!!
- After the Welcome meeting we kick off the partying with the Soul Network Friday Night Denim Party in the Wokefield Place Benedict's Bar, followed an hour later by the opening of the Burr & Co room – so 2 rooms of sweet music to choose from.
- **Saturday** has 2 parties. The first in the Benedict's Bar from 14:00-18:00 and then it's the big Mansion Party from 22:00 in the Mansion Lincoln Room and the 1560 Bar.

Saturday Night Mansion Party ticket holders entry is via the main brown Mansion doors from 10pm. Car parking is available in Wokefield Place or in the Mansion Car Park.

There is no parking allowed in front of the Mansion itself

SHOPPING & SERVICES

- All stalls and services are located in the Wokefield Place walkway called 'The Avenue'.
- **Stall Holders:** Step 'n' Pump, Featherbeats, Totally Sassy, OnDemand Physios and Magnetix Wellness.
- Bring cash with you, but if you forget there is a cash machine located in the Wokefield Place reception.
- **Beauty Treatments** take place in Sky Meeting Room 1 – with the PamperMe Beauty Therapists.
- **Sports Massages** by OnDemand Physios can be found in Wokefield Place in Sky Discussion Rooms 1-4.

MEALS FOR CLIENTS STAYING ON SITE

- **Wokefield Place Breakfast:** 07:00-09:00 in the View and Burr & Co for clients staying in Wokefield Place.
- **Mansion/Wellington Breakfast:** 07:00-09:00 in the Mansion Terrace Room for clients staying in the Mansion and Wellington Lodge.
- **Lunch:** 12:00-14:00 on Saturday and Sunday in the View and Burr & Co for all clients staying in the Mansion/Wokefield Place/Wellington Lodge.
- **Wokefield Place Dinner:** 18:00-21:00 in the View and Burr & Co for clients staying in Wokefield Place.
- **Mansion/Wellington Dinner:** 18:00-21:00 in the Mansion Terrace Room for clients staying in the Mansion and Wellington Lodge.

3NESS NOVEMBER PRESENTERS



**Weininger &
Janice Irwin**



Jason Mellars



JP Omari



Carroll Locke



Chris Roberts



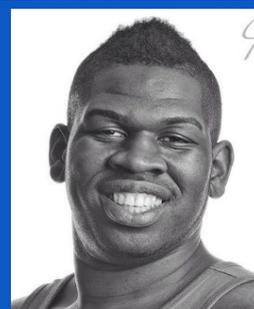
Greg Francis



Pauline Thomas



Maydine/Ken



Julian Baker



Claire Dumpleton



Dean Heitman



Robert Sharpe



Dianne Reilly



Kelly Clayden



Winston Squire



Sim Sema



Vikki Gamblen



Lisa Cuerden



Jess McKee



Sunny Singh



DJ Stretch Taylor



DJ Mastermind



**DJs Vivy B &
Tony Rodriguez**



**DJ Norman
Halley**



**Also DJs
Scott James
Darrell S
Brother Jay**

CLASS RULES

- All classes are on a first come basis – There will be no reserving of equipment i.e. steps, hand weights, bikes etc. Please do not get upset if we turn you away from a busy class, it's for your safety! Make sure you plan an alternative class in every hour you wish to train. All classes will be cleared of participants before entry is permitted for the next class.

SUNNY'S AQUA CLASSES

- Sunny's aqua float classes must be pre-booked as spaces are limited.
- Sunny will be taking bookings at the 3ness Reception in Wokefield Place on Friday evening after the welcome presentation.
- Classes are 30 minutes.
- Please note this only applies to Sunny's aqua classes, all other aqua classes do not require booking.



FitFever – May 2020 – Book Now and Join Us at 3ness.fitness

SOME STUFF YOU GET FOR FREE

- Wifi – No Password Required
- Tea & Coffee stations
- Pool Table
- Energy Stations
- Swimming Pool & Sauna
- Mini Gym





3NESS FITNESS, PAMPER AND SOUL WEEKEND WOKEFIELD ESTATE, READING 15th-17th November 2019

WOKEFIELD PLACE

Date/Time	Wokefield Suite 1	Wokefield Suite 2	Parry Room	Canary	Forest 3	Sky 5/6	Aqua	Mansion Sizzling Saturday
Friday 17.00 - 17.45	FIT2FITE Greg Francis	RAGGA-TON Robert Sharpe	NO CLASS	NO CLASS	VINYASA FREEDOM FLOW YOGA Lisa Cuerden	FUNK FIT JP Omari	AQUA SENSATION Julian Baker	NO CLASS
Friday 18.00 - 18.45	TOTALLY SHREDED Dean Heitman	OFF DA FLOOR Maydine Etienne	ECLECTIC SPIN Claire Dumpleton	KANGOO TTR Jason Mellars	REBOUND Vikki Gamblen	HIIT THE STEP Chris Roberts	NO CLASS	NO CLASS

21.30 - WOKEFIELD SUITE - MEET THE TEAM & PRESENTERS FOLLOWED BY THE SOUL NETWORK DENIM WELCOME PARTY

Saturday 09.00 - 09.45	ZUMBA Chris Roberts	DA TERMINATOR Maydine Etienne	THE ROUGH RIDE Sim Sema	KANGOO KARNIVAL Jason Mellars	LBT URBAN PILATES Carroll Locke	STEP WITH ATTITUDE Pauline Thomas	NO CLASS	NO CLASS
Saturday 10.00 - 10.45	FIT2FITE Greg Francis	KETTLEBELLS Robert Sharpe	ANTHEMS SPIN Claire Dumpleton	TOTAL TONING 'IT TAKES TWO' Kelly Clayden	VINYASA POWER FLOW YOGA Lisa Cuerden	FUNK FIT JP Omari	AQUAFLOAT FIIT FLOAT WARRIOR Sunny Singh	HIIT HOUSE Dean Heitman & HIIT House Team
Saturday 11.00 - 11.45	MEGGA BALLS Winston Squire	SHRED Julian Baker	SPINMANIA Maydine Etienne	PULSEROLL RELEASE & ROLL Carroll Locke	REBOUND Vikki Gamblen	STEP ANOTHER LEVEL Chris Roberts	NO CLASS	ULTIMATE BAG WORKOUT Dean Heitman
Saturday 12.00 - 12.45	NO CLASS	NO CLASS	NO CLASS	NO CLASS	NO CLASS	NO CLASS	NO CLASS	TOTALLY SHREDED Dean Heitman

12.00 - 14.00 - LUNCH FOR ALL FULL WEEKEND PASS HOLDERS - 14.00 - 18.00 PARTY IN BENEDICT'S BAR

All classes are first come, first served - Timetable subject to change without prior notice.



3NESS FITNESS, PAMPER AND SOUL WEEKEND WOKEFIELD ESTATE, READING

15th-17th November 2019

WOKEFIELD PLACE

Date/Time	Wokefield Suite 1	Wokefield Suite 2	Parry Room	Canary	Forest 3	Sky 5/6	Aqua	Mansion Sizzling Saturday
Saturday 14.00 - 14.45	MEGGA BALLS Winston Squire	OLD SKOOL CONDITIONING Janice Irwin	GARAGE CYCLE Pauline Thomas	IGNITE & MOVE Bodyweight Bootcamp Claire Dumpleton	POUND Jess McKee	NO CLASS	AQUA KARAOKE Julian Baker	PADFIT UK Shred Team
Saturday 15.00 - 15.45	BOXER Maydine Etienne	BAND BOOTY Sim Sema	SPIN SENSATION Julian Baker	PULSEROLL VIBRATE & LENGTHEN Carroll Locke	TWERK Sunny Singh	REGGAE SALSA Weininger Irwin	NO CLASS	TOTALLY SHREDED Dean Heitman & UK Shred Team
Saturday 16.00 - 16.45	FUNK FIT JP Omari	BODY COMBAT Kelly Clayden	REGGAE CYCLE Winston Squire	MUSCLE FUSION Vikki Gamblen	FIT2FITE FLEXIBILITY Dianne Reilly	STEP WITH MORE ATTITUDE Pauline Thomas	NO CLASS	ULTIMATE BAG WORKOUT UK Shred Team
Saturday 17.00 - 17.45	SOCA RAAHTY Janice Irwin	IGNITE & SWING Claire Dumpleton	THE ROUGH RIDE Sim Sema	YOGA Jess McKee	COMBAT REBOUND Robert Sharpe	SOUL LINE DANCING Weininger Irwin	AQUAFLOAT FIIT FLOSTRETCH Sunny Singh	RELAXATION FLEXABILITY Dianne Reilly

SATURDAY SOUL NETWORK SEXY AND SUAVE PARTY 10.00 - 04.00 MANSION

Sunday 08.00 - 08.45	NO CLASS	NO CLASS	NO CLASS	YOGA Dianne Reilly	NO CLASS	MANUP PILATES Jason Mellars	NO CLASS	NO CLASS
Sunday 09.00 - 09.45	SOCA VS REGGAE Janice & Weininger Irwin	SUNDAY MORNING STRETCH Chris Roberts	TOTALLY DnB RIDE Dean Heitman	PULSEROLL FEEL THE PULSE Carroll Locke	RELAXATION YOGA & MEDITATION Lisa Cuerden	BHANGRACIZE Sunny Singh	NO CLASS	NO CLASS
Sunday 10.00 - 10.45	FIT2FITE FIGHTING MOVES TO GOSPEL GROOVES Greg Francis	IGNITE & STRETCH Claire Dumpleton	NO CLASS	FOAM ROLLER WORKOUT Winston Squire	POUND Jess McKee	GARAGE JAM Pauline Thomas	NO CLASS	NO CLASS
Sunday 11.00 - 11.30	FINALE STRETCH AND FAREWELL WITH ALL PRESENTERS - WOKEFIELD SUITE FOLLOWED BY LUNCH IN THE VIEW							

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3ness Fitness Class Descriptions

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CLASS	DESCRIPTION	PRESENTER
Anthem Spin	It's all about the music let's spin dance and sing our way through a sweat fest of anthems.	Claire Dumpleton
Aqua Karaoke	Not just any aqua class! Julian will be ensuring you work every muscle with the help of water resistance and to add that touch of fun, you will be encouraged to belt out some of the best popular anthems to exercise your lungs.	Julian Baker
Aqua Sensation	Aqua Sensation is one pool party you shouldn't miss! There is less impact on your joints during an Aqua Sensation class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.	Julian Baker
AquaFloat FIIT	HIIT has hit the water. Can u balance your way through this interval training or will you take a plunge.	Sunny Singh
Bhangracize	A fun energetic aerobics class with a desi flavour; so get ready to screw them light bulbs and pat those dogs as you take this fun energetic route through the heart of Punjab.	Sunny Singh
Body Combat	BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and Kick your way to fitness and burn up to approx 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.	Kelly Clayden
Booty Bands	SimSemaFitness Booty Bands rubber loop bands are designed to be placed around the thighs. They are used as part of a physical exercise program with the intention to add an additional resistance challenge to natural movements such as squats, lunges, slides, and kicks. which will improve the performance of lower body parts exercises. Therefore, it is basically focused on the gluteal muscles.	Sim Sema
Boxer	Boxer is a bootcamp style boxing training regime designed to cater for those of you who want to be pushed and taken out of your comfort zone! Get ready to dig deep as it's about that time so "let's get ready to ruuumble!"...	Maydine & Ken
Combat Rebound	This high energy exhilarating rebound combat workout is brilliantly choreographed combining kickboxing, Muay Thai and boxing techniques along with HIIT cardio bursts making the workout very challenging but super effective.	Robert Sharpe
Da Terminator	The dividing line between the illuminated and the unilluminated! Take this ultimate fitness challenge where it's all about YOU. Whatever your level of fitness, 'Da Terminator' will force you to work outside of your comfort zone! So come and push your body to a total frenzy in this high intensity interval training session. The question is, will you destroy 'Da Terminator' and be victorious or will you be terminated?? Either way, you'll love it and will leave saying..."I'll be back!"	Maydine & Ken
Eclectic Spin	TFIF night so let's spin, climb and sprint your way through time with music to push you into the weekend.	Claire Dumpleton
Fit2Fite 'Fighting Moves to Funky Grooves'	FIT2FITE Fighting Moves To Funky Grooves. Kicks, punches, blocks and sweeps forged together in a non contact form to enhance strength, stamina and suppleness and deliver tone, timing and an uplifting workout.	Greg Francis
Fit2Fite 'Fighting Moves to Gospel Grooves'	FIT2FITE Fighting Moves To Gospel Grooves. Kicks, punches, blocks and sweeps forged together in a non contact form to enhance strength, stamina and suppleness and deliver tone, timing and an uplifting workout. Throw in some sweet Gospel House and your Sunday is complete.	Greg Francis
Fit2Fite 'Flexibility'	This ancient practice is more than 5,000 years old but its benefits are timeless. Decreased stress, increased energy and greater flexibility can all be gained from a regular yoga stretch. You won't need 5,000 years just 40 minutes for Dianne to stretch you off Fit2Fite Yoga style.	Dianne Reilly
Float Warrior	Test you and your partners in a core strengthening class on the water!!! Will ur core keep you dry or get U wet wet wet!!!!	Sunny Singh
Flostretch	Feel the peace as u float into bliss and stretch that body out and relax and float.	Sunny Singh
Foam Roller Workout	A foam roller stretch and massage class designed to stretch out and relax over exercised muscles. Especially beneficial for tension release in the inner and outer thigh, lower back and calf muscles. You will use your own bodyweight on the cylindrical foam roller to self-massage and release the problem areas. This will increase blood flow and circulation and improve flexibility and range of movement thus reducing the likelihood of injury.	Winston Squire
FunkFit	FunkFit is a new dance fitness class, where groovin' and dancing to uplifting Funk, Soul, Disco and Motown tunes will get you fit! The class is suitable for all ages and abilities and there are no choreographies to learn. Groove to timeless classics and party to fresh new sounds. You just have to follow the JP!	JP Omari
Garage Cycle	Party Hard', 'Cycle Harder', No one likes to miss a good party and you are all invited! Just bring a bottle, your energy and a your vibe and you are in.	Pauline Thomas
Garage Jam	A blend of hi/lo aerobic choreography blended with pumping Garage music - Come Jam with Pauline.	Pauline Thomas
H.I.I.T House	Love house music, love HIIT just want to get fit. HIIT House is the answer. Using tech house, funky house & classic house tunes this class will move you through rounds of training pushing your aerobic & anaerobic thresholds. One of the funkiest classes you will ever attend - don't forget its house every weekend!!!!	Dean Heitman & HIIT House Team
HII T the Step	This workout builds cardiovascular fitness while improving strength, and maximising calorie burn	Chris Roberts
Ignite and Move	This is unique 45-minute HIIT workout using simply your own bodyweight, in multiple directions and at different speeds. You will lay down some fundamentals in moving well through squatting, pressing, hinging and rotating, and then working through various exercises together as a 'flow' of careful movements under control. There are even MOVE sessions that involve jumping to further improve your power output and the tone of your muscles!	Claire Dumpleton
Ignite and Stretch	This is a unique 45-minute workout using developmental techniques to improve your flexibility and restore balance with your mind/body connection. Using both dynamic and static stretching with various timing protocols and visualisation techniques, you will feel your range of motion increase and your muscles relax instantly!	Claire Dumpleton
Ignite and Swing	This is a unique 45-minute HIIT workout, using one of the best modes of functional training - kettlebells. Taking the best 'bang for buck' exercises from a kettlebell training plan and mixing this with bodyweight and plyometric exercises, you will help bulletproof your body by strengthening your back, legs, core, shoulders and arms. Not forgetting, its fast-paced execution will mean igniting the fat burning process quicker and ultimately gaining a better 'after burn'.	Claire Dumpleton
Kangoo Karnival	The Carnival continues at 3ness With Karnival Kangoo, the flavour of Carnival on Kangoo jumps the worlds lowest impact shoes. Join this fun energetic choreographed session for the most fun to be had with your clothes on!	Jason Mellars
Kangoo TTR	Kangoo Trim, Tone & Rhythm (TTR) is a special aerobic exercise using Kangoo Jumps. You will work your abdominals, pelvic floor and back and that is just standing on the Kangoo Jumps! So, imagine what they can achieve with the full spectrum of exercises incorporated within Kangoo TTR.	Jason Mellars
Kettlebells	Kettlebell training is one of the most effective and exciting ways to train. It will burn fat; make you fit, flexible and super-strong. Combine it with great music and Robert's infectious personality you will get an unbelievable workout that will tone your entire body!	Robert Sharpe
LBT Urban Pilates	Pilates session with an old school twist. Using your core muscles and focussing on alignment, tone your legs, bums and tums Pilates style.	Carroll Locke
ManUp Pilates	Not just for the guys! Expect a very strong, challenging workout focusing on the essential elements of Pilates but taken to another level for a full body workout like no other. Created to challenge Pro Athletes, Body Builders and Trainers, as well as those who like to push themselves. Man Up Pilates works on building Strength, Balance, Endurance and Flexibility. Be prepared for both your mind and body to be challenged to the max!	Jason Mellars
Megga Balls	The Megga ball work out is a high octane functional driven core training class, which incorporates an aerobic routine with muscular strength and coordination for the upper and lower body to popular Reggae music. So bring your smiles along and bounce along with Winston!	Winston Squire

Muscle Fusion	Total body fusion of cardio and conditioning to push you to the max! All levels are welcome to this ultimate sculpting class!	Vikki Gamblen
Off Da Floor	This awesome HIIT class is the only class where loading on extra weight is going to be good for you! But "weight a minute"... Will you go hard or will you take the easier option? Either way, whatever level you choose, it is all about YOU and your personal challenge! In life, physically you can do nothing without strength! Build on your strength if you want to be fit for life! BOOM!	Maydine & Ken
Old Skool Conditioning	The only way Janice knows how to do body conditioning is the old skool way, it wont be pretty, but it will be tuff. This is the class that wakes you up next morning wondering which bit of the bod hurts most!!! If you luv Soul and Disco - Boogie on down to this class.	Janice Irwin
Padfit	THE BRAND NEW FOCUS PAD WORKOUT FROM TOTALLY SHREDDED. YOU WILL BE TAKEN THROUGH ROUNDS OF PARTNER BASED BOXING DRILLS WHILST BEING ELEVATED BY SOME OF THE BEST DRUM & BASS & HOUSE MUSIC AROUND. LETS GET READY TO RUMBLE, ITS PADFIT TIME.	UK Shred Team
POUND	POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Drum your way to a leaner, slimmer physique - all while rocking out to great music!	Jess McKee
Pulseroll	Pulseroll is taking the country by storm! The Pulseroll is a vibrating foam roller that is amazing at releasing tight muscles- especially shoulders, backs and legs. This class is a rare opportunity for you to try it out, ease your muscles, increase your flexibility and improve your quality of life.	Carroll Locke
Ragga-Ton	Dance styles and amazing tunes from Puerto Rica and Jamaica combined. Rob will be bringing you a fun, easy to follow, spicy dance routine which will leave you wanting to wind the night away	Robert Sharpe
Rebound	Rebounding is a bouncy, sweaty, fun and motivating workout that burns 100's of calories, stimulates lymphatic drainage, improves the immune system, posture and reduces body fat. The rebounder provides a low impact surface, so this class is suitable for all to enjoy!!!	Vikki Gamblen
Reaqae Cycle	Cycling to the rhythmic beat of smooth Reggae music - watch for the bumps when the Ragga comes in!!	Winston Saire
Reggae Salsa	Learn Salsa moves to Reggae tunes with a variety of Jamaican and UK premier reggae music. Music genres include rock steady, lovers rock, reggae jazz, dub, roots, reggaeton and ragga. If you love your salsa and your reggae 'come and enjoy Reggae Salsa'.	Weininger Irwin
Relaxation Flexibility	Relaxation Flexibility is an accessible class that everyone needs - athletes, advanced practitioners, weekend warriors, first time yoga students and everyone in between. Focused stretching allows muscles to relax and lengthen, which puts less strain on the skeletal system and reduces tension throughout the body.	Dianne Reilly
Relaxation Yoga & Meditation	Lisa will take you through a relaxing yoga class to increase your flexibility and speed up recovery as well as encouraging you to meditate to relax your mind, decrease stress and focus purely on yourself.	Lisa Cuerden
Shred	SHRED is the bespoke compound lifting and HIIT based class where calorie burn, performance, strength and conditioning are the result, by focusing on exercise disciplines including Speed, High-intensity, Resistance, Endurance, Dynamics.	Julian Baker
Soca Combat	Soca Combat is a self defence carnival workout! World and European Karate Champion Janice Francis-Irwin mixes her love of Carnival Soca with her proven Karate credentials to bring you an high energy led calypso self defence carnival workout!	Janice Irwin
Soca vs Reggae	Weininger Irwin (the Jamaican) vs Janice Irwin (the Grenadian) - Both originate from the West Indies, but the way they get down musically is so different. Soca the music of the Small Islands is up against the might of Reggae. Who will win, who will work the crowd to a frenzy? You will have to be there for this easy choreographed Caribbean Party - Bring ya flags and ya rags!!!	Janice & Weininger Irwin
Soul Line Dancig	We all know we should be exercising, but wanting to is a different story. But what if your exercise regime was a chance not just to get active but to also get your groove on? Enter soul line dancing with Weininger. Soul line dancing - like country line dancing - is choreographed dance moves that you do in a group, without a partner. The Electric Slide is a classic example. The "soul" part comes from the music used - like R&B, hip-hop, soul and contemporary hits.	Weininger Irwin
Spin Sensation	A full body blast, pushing your body to the limit while feeding your soul with music of all types that will make your heart sing. (During and after the class)	Julian Baker
Spinmania	Are you NUTZ? Come and let your fate be determined by jukebox jury who'll be mixing and blending various genres with high energy and pulsating vibes for that ultimate early morning body fusion. "This is Spin Mania...Let the music move you!"	Maydine & Ken
Step Another Level	Step this way to an easy fun loving step workout with Chris. The choreography is designed to test you no matter what your level - so as the class says, 'Step Another Level!!!'	Chris Roberts
Step...With Attitude	Follow Pauline to the edge of blistering step choreography. This test will test all levels - you just need to add the attitude!!	Pauline Thomas
Step...With More Attitude	Follow Pauline to the edge of blistering step choreography. This test will test all levels - you just need to add the attitude!! This is Part 2 - do not miss this episode.	Pauline Thomas
Sunday Morning Stretch	Join Chris for a soulful Sunday stretch. Lengthen and let go, relax and release, easy does it.....	Chris Roberts
The Rough Ride	The Indoor Cycle class where you'll get trashed!! You'll get lost pedaling to killer music, a balance mixture of new and old skol dancehall, jungle, funky house and R&B. We will be pedalling to the powerful beats while we create an energetic atmosphere. Enjoy this Fun & Effective, Low Impact Workout while we burn those calories A varied style and intebse class suited to all levels.	Sim Sema
Total Toning "It Takes Two"	If you like working out with a friend or like to meet new people then this class is for you! This class will burn calories & improve tone while having fun and developing your fitness levels with a whole body workout.	Kelly Clayden
Totally DnB Ride	High intensity cycling to DNB Anthems, with a little MCing thrown in!	Dean Heitman
Totally Shredded	The equipment free drum and bass class that incorporates cardio, combat, upper body, lower body and plyometrics all in one. This workout will make you sweat from head to toe but give you the endorphin rush thatleaves your body wanting more.	Dean Heitman
Twerk	It has found its way into the Oxford Dictionary, it's been controversial, now it's going commercial and if Miley can do it, we can do it better! Twerking may have gotten a bad reputation but it's great for toning the thighs, butt and core. Get strong and powerful, get those legs jigging and booty popping in this outrageous, energetic dance conditioning class.	Sunny Singh
Ultimate Bag Workout	The ultimate punchbag workout with a drum & base vibe. Are you ready for a boxing fitness party?	Dean Heitman
Vinyasa Freedom Flow	A yoga class for all levels - connecting movement and breath, finding freedom in the body to help find freedom and stillness in the mind.	Lisa Cuerden
Vinyasa Power Flow	Lisa will take you through a challenging yoga class linking postures together with the breath, the focus is on movement and grace, you will increase your strength and flexibility and at the same time relax your mind.	Lisa Cuerden
Yoga	Let Dianne you on a journey through this ancient art based harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with your environment.	Dianne Reilly
Yoga	If this is one of your first Yoga classes then you are in the right place. Jess will ease you into the right positions and right state of mind to bring mind, body and spirit into alignment.	Jess McKee
Zumba	Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic exciting, exhilarating, and effective fitness system...you just need to add Chris!!	Chris Roberts

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Ball Pit Jungle 6ft X 6ft
Bomb Squad
Bouncy Boxing
Bowling Skittles
Bubble Machine
Bungee Run
Buzz Wire
Candy Floss Machine
Casino Tables
Catch The Light
Celebration Castle 16ft X 16ft
Combo Slide
Croquet
Diddi Cars
Disco Bouncy Castle
Disco Dome
Disney 12ft X 12ft Bouncy Castle
Disney 8ft X 11ft Bouncy Castle
Disney Slide
Disney Soft Play Area
Dora Castle 12ftx12ft
Gazebos
Generators
Giant Chess Game
Giant Connect 4
Giant Dominos
Giant Jenga
Giant Noughts And Crosses

Giant Snakes And Ladders
Golf Putting Game
Gladiator Joust
Hulk And Captain America Sumos
Inflatable Coloured Maze 30ftx30ft
Kangaroo Boxing
Last Man Standing
Lazersniper
Led Love Letters
Lion Bouncy Castle
Marquess 3m X 3m
Marvel Castle 12ft X 14ft
Mascots
Photo Booth Green Dream Machine
Photo Booth Vintage/black/white
Pirate Bouncy Castle
Popcorn Machine
Putting Game
Retro Arcade Games Machine
Rodeo Bull
Santa's Grotto
Selfie Mirror
Slush Drinks Machine
Soft Play
Splat The Rat
Sumo Suits
Surf Machine
Sweet Cart
Table And Chairs
Table Football
Table Tennis
Twister
Under Pressure
Wakka Mola



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STEP PUMP



StepNPump Serena will be at 3 Ness with lots of sportswear and leisure wear.

Starting from £10

There will also be Fitflops at 50% off, bags, NEW 2.2L water bottles

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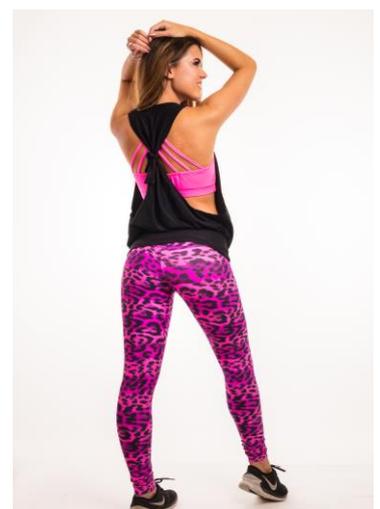
Cash and Card payments can be taken.

See you soon.

Contact Serena on 0791 226 7591 or Email

enquiries@stepnpump.com

www.stepnpump.com





3 Ness Pamper Price List

Mix and Match Your Treatments

(SO 4 X 15 MIN TREATMENTS TO GIVE YOU
AN HOUR'S SLOT OR 2 X 30MINS ETC)



15 Minute Treatments £15

• File and Polish Nails or Toes • Mini Facial • Mini Massage:

Choose from Indian Head, Reflexology, back/neck & shoulders, Hand & Arms, Foot & Legs

• Eyebrow Thread/Wax • Underarm Wax • Lip & Chin Wax • Eyelash Tint • Eyebrow Tint



30 Minute Treatments £30

• Gel Polish Hands or Toes • Manicure or Pedicure • 3D Brows • Callus Foot Peel • Deluxe facial

• Natural Facelift Massage • Massage *Choose from Pregnancy, Swedish Body Massage, Indian Head*

Massage, Reflexology, Aromatherapy, Hot Stones or Sticks and Stones • Cluster Eyelashes • Bacial

• Body Scrub with oils and massage • Reiki • Hopi Ears • Paraffin wax hands or feet

40 Minute Treatments £40

• Massage *Choose from Pregnancy, Swedish Body Massage, Indian Head Massage, Reflexology,*

Aromatherapy, Hot Stones or Sticks and Stones • Body Scrub • Bacial • Lash Lift and Tint

• Full Face Make Over • Hair Styled Curled/Straightened or Updo • Reiki

• Hopi Ears including facial massage



60 Minute Treatments £60

• Body Scrub • Deluxe Facial • Massage *Choose from Pregnancy, Swedish Body Massage, Indian Head
Massage, Reflexology, Aromatherapy, Hot Stones or Sticks and Stones*

*50% Non-Refundable Deposit needed at time of booking

Tel 07875 391107 www.pampermecompany.co.uk   [pampermecompany](https://www.pampermecompany.co.uk)

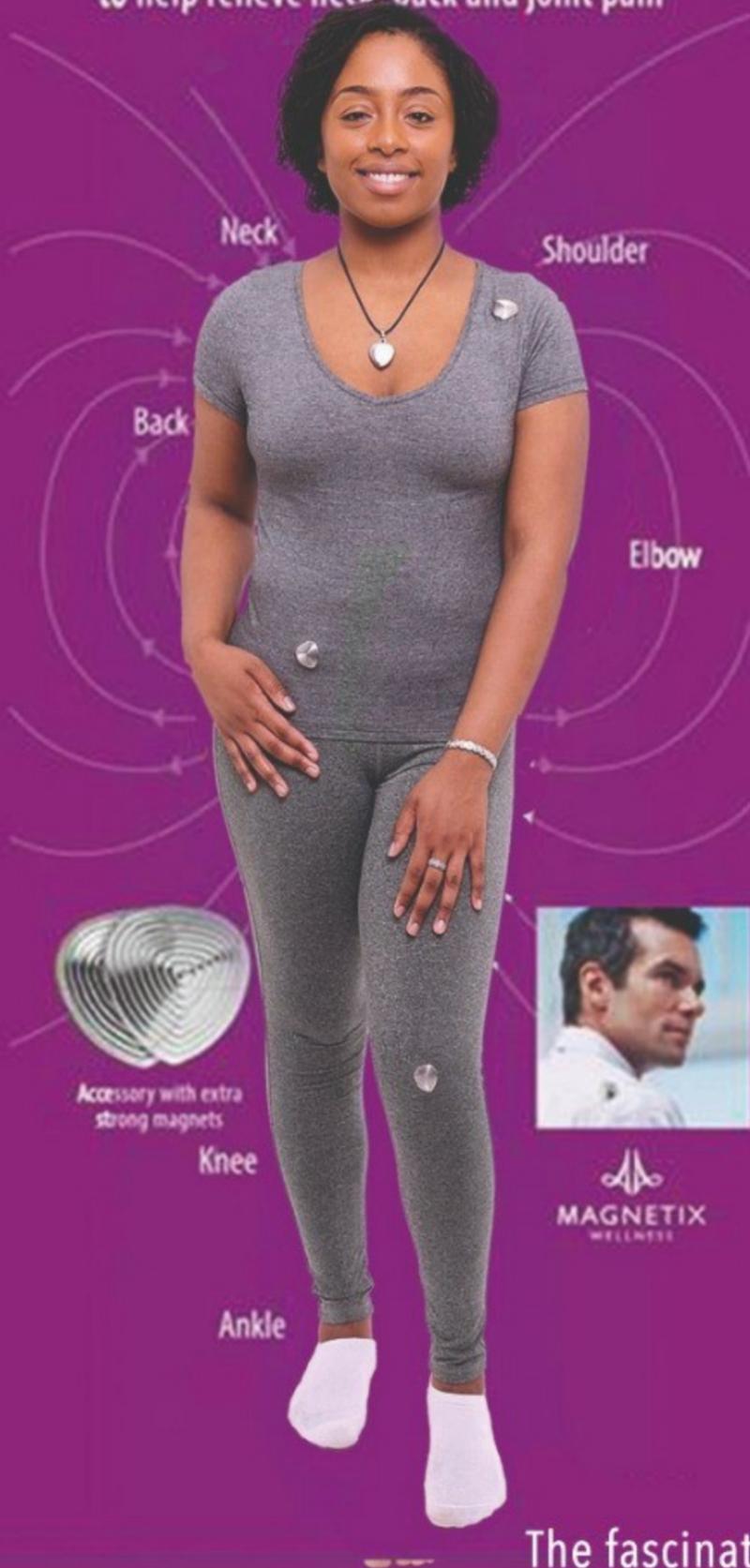


MAGNETIX WELLNESS

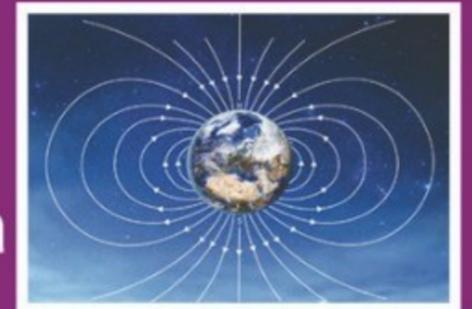
Magnetix Jewellery and Accessories "with Benefits"
of Neodymium Magnetix For Health, Wellness and Pain management
"Ask me How"

Magnetix Jewellery

to help relieve neck, back and joint pain



- ADHD
- Anxiety / Stress
- Asthma/ Sinusitis
- Arthritis
- Back Pain
- Carpal tunnel
- Depression / Fatigue
- Diabetes
- Fibromyalgia
- Gout
- Haemorrhoids (piles)
- High blood pressure
- Lupus
- Menopausal issues
- Migraine / headaches
- Numbness
- Period pain
- Planter Fasciitis
- Poor circulation
- RSI
- Sciatica
- Sickle cell anaemia
- Sleep disorders



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